

Side Effects of Cyberbullying

- Strong negative feelings and emotions such as anxiety, unhappiness, depression
- Fear for one's own safety
- An impact on self like a damaged reputation or impact on self-esteem
- Disruptions at different levels like breaking up with a boyfriend or switching schools (Spears, Slee, Owens, and Johnson, 2009)

These emotional reactions not only show how cyberbullying can affect adolescents in an emotional sense, but also that emotional disturbances may lead adolescents to take actions to regain control of his or her life.

"That doesn't mean you can't potentially hurt someone's feelings. Words can be just as powerful as fists."
-16-year-old girl from Michigan



Take a Stand Against Cyberbullying Education for Prevention

MTV's A Thin Line Campaign

Teaches adolescents that some things shared in private can be made public very quickly and there is a "thin line" between what one person considers a joke and something that could have a serious impact on you or someone else.
<http://www.athinline.org>

STOP Cyberbullying

<http://stopcyberbullying.org/>

Stop Bullying

<http://www.stopbullying.gov/topics/cyberbullying/>

Sources:

Hinduja, S., & Patchin, J.W. (2009). *Bullying beyond the schoolyard: preventing and responding to cyberbullying*. Thousand Oaks, CA : Corwin Press.

Spears, B., Slee, P., Owens, L., & Johnson, B. (2009). Behind the scenes and screens insights into the human dimension of covert and cyberbullying. *Journal of Psychology*, 217, 189-196.

Pew Internet & American Life Project's *Teens and Technology Report*, 2006



Cyberbullying

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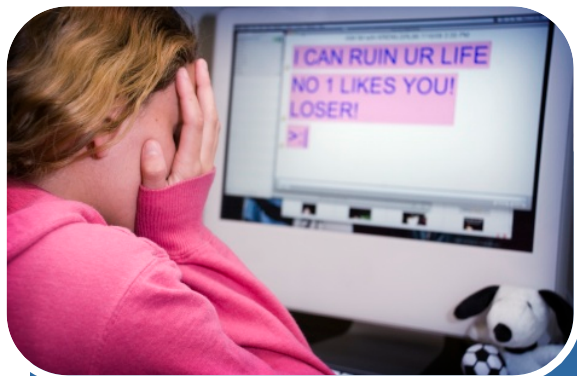


“You can’t physically hurt someone through cyberbullying, but you can definitely hurt your feelings. You can say many hurtful things and make you feel really sad, because you’re in your own safe place. You’re in your home”

– 10 year-old cyberbullying victim

Common Forms of Cyberbullying

- Photoshopping
- Flaming
- Trolling
- Rumor Spreading
- Identity Theft/ Impersonation
- Backstabbing
- Masquerading



The Problem with Anonymity

While some adolescents may be too afraid to bully in real life, bullying someone in the virtual world is much easier because that face-to-face interaction is no longer present. Cyberbullies cannot see the reactions of their victims so they do not associate their bullying with any sort of emotional responses on the part of the victim, which may cause the bully to take their abuse too far.

Just the Facts

Cyberbullying is the **willful and repeated harm** inflicted through the use of computers, cell phones and electronic devices (Hinduja and Patchin, 2009).

- Cyberbullying is deliberate, rather than convenient
- Reflects a pattern of behavior rather than just isolated incidents
- Can happen anyplace at anytime, not just at school
- Bullies are no longer the bigger boy or the more popular girl, but any adolescent who is able to use technology
- Due to the indirectness of electronic confrontation, females have higher incidences of being involved in cyberbullying

Prevalence Among Adolescents

- 93% of adolescents between the ages of 12 and 17 had used the internet in some form
- 61% of those adolescents go online daily
- 19% have been in some way involved in cyberbullying
- 84% knew their victim
- Only 31% of victims knew who their bully was

Source: Pew Internet & American Life Project's
Teens and Technology Report, 2006